



Healthy K.I.D.S. Newsletter

Knowledge Improving Diet and Strength

★ Food Group Fun ★

There are thousands of different foods, so it can be hard to figure out what you need to eat to stay healthy! Lucky for us, most foods can be divided into 4 kinds:

Carbohydrates, Fruits and Vegetables, Milk and Dairy, and Protein.

Each issue of Healthy K.I.D.S. talks about a different food group, so look out for the next issue!

Dairy Foods — Milk, Yogurt and Cheese

What is dairy? Dairy foods come from milk! They include milk or any food made from milk, like yogurt, cheese, or ice cream.

Dairy foods are important to keep your body healthy! Eating food from this group gives your body calcium for strong bones and teeth, protein for healthy muscles, and vitamins to keep everything working smoothly. Plus, they taste great!

You need 3-4 servings from the milk, yogurt, and cheese group each day.
A serving is: 1 cup of milk or yogurt, or 2 slices of cheese.

Some people's bodies have a hard time using milk or ice cream. If you have stomach problems after eating or drinking dairy products, talk to your school nurse or health care provider.



Calcium Counts!

You only get one set of bones for your whole life. That's why it's important to take good care of them. Your bones act kind of like a piggy bank for calcium. They can store calcium that your body will need later, when you are older. But, if you don't get enough calcium in your diet right now, your body will steal it from your bones! That makes them more likely to break.

Make sure to eat at least 3 or 4 servings from the milk, yogurt and cheese group every day, or check out the ideas below for cool ways to get extra calcium!

★ Liquid Lookout ★

Milk Makes Your Bones Happy

Milk is the perfect drink for your bones, because it is full of calcium and vitamin D. Vitamin D helps your body to make the most of the calcium you give it. So, every time you drink milk, you feed your bones just what they need to become strong.

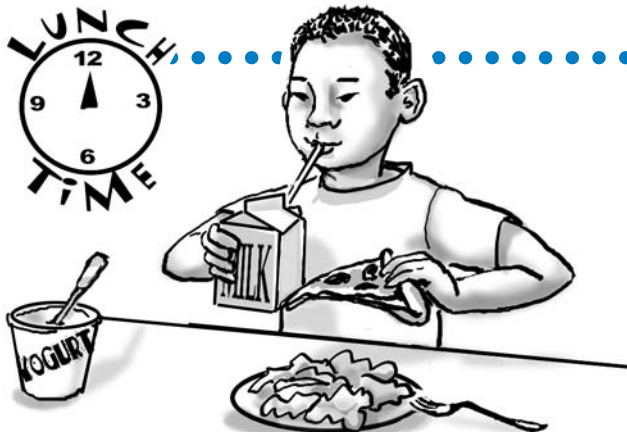
Think you don't like milk? Give it another try! Try drinking milk that is really cold — you can even add ice cubes. Or add one or two teaspoons of flavored syrup or powder to your milk. Yum!

Whole milk is great for kids age 1–2, but for bigger kids and adults, 1% or skim milk is the best choice. It's got all the vitamins and minerals, and a lot less fat!

Your body builds nearly half its bone between age 11 and 19!! Be sure to get enough calcium NOW to help your body make strong bones.



Did you know? Milk and cheese can actually help protect your teeth from cavities!



Easy Ways to Get More Calcium

Your body needs calcium for strong bones and teeth, and healthy gums. Calcium helps you win the race, stand up straight, and even chew your food. Making sure you get enough calcium is easy — here are some great ideas:

- ★ Yogurt or flavored yogurt drinks make a great snack!
- ★ Instead of juice or soda, have milk with lunch.
- ★ Corn tortillas have calcium, too! Try melting cheese on a corn tortilla for a quick breakfast sandwich or snack.
- ★ Have a slice of pizza with a salad for lunch.
- ★ Frozen yogurt makes a great dessert!
- ★ Ask the food-shopper in your house to buy orange juice with added calcium.
- ★ Put some cheese on your sandwich or pack a cheese stick with your lunch.
- ★ Try some dry cereal with added calcium or almonds for a snack when you're on the go!
- ★ Try some raw broccoli with low-fat dressing for a snack.



Guess what? A cup of cooked collard greens has as much calcium as a cup of milk! Dark leafy green vegetables like spinach, kale and collard greens are great sources of calcium.

MOVE YOUR BODY

Exercise is Fun! Great Games to Get You Going!

What is exercise? Exercise is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy.

- ★ Always have an adult nearby when you are warming up or exercising. Safety comes first!
- ★ It's important to stretch 5 – 10 minutes before exercise.
- ★ Make sure you stop, rest and drink water if you start to feel dizzy or queasy or have any pain.
- ★ Keep your body cool by drinking lots of water while you exercise.

Your bones get stronger when you exercise! Exercise often to toughen up your bones.

Exercise Doesn't Have to be Boring!

Playing games is a great way to get moving!

Here are some great games to try — when you're with a group, when there's two of you, or when you're alone!



With a Group

- ★ **Penguin Shuffle** — Players stand side by side in their socks, and put a penny on top of each foot. Everyone shuffles across the room, trying to keep the coins from falling off. The first one to the other side of the room wins.
- ★ **Talent Show** — All players write down an active talent (like hula hooping, juggling or dancing) and put it in a hat. One at a time, pick an activity out of the hat and stand up in front of everyone to do it. You can even make a talent show for an audience (like friends, family, neighbors or teachers).

With Two

- ★ **Paper Volleyball** — Crumple up a piece of paper. Take turns gently hitting the paper ball in the air. The object of the game is not to let the paper hit the ground. Be careful, this game can get pretty active!
- ★ **Knock Your Socks Off!** —You will need a bath towel and two different colored pairs of balled up socks. Each player picks one of the pairs of socks and holds two corners of the towel. Shake the towel all around and try to knock the other person's socks off the towel. Last socks on win!



By Yourself — Games for One

Just because you're by yourself doesn't mean you can't have fun while you exercise! Try one of these:

- ★ Do jumping jacks or sit-ups during TV commercials.
- ★ Play basketball with rolled up socks and the clothes hamper, or throw paper wads in the trash can.
- ★ Turn on some music and dance!
- ★ See how long you can hula hoop or jump rope.
- ★ Set a timer and try to clean a room before it runs out.



★ Activity Page ★

What Am I Eating?

Do you know some of the foods we eat are really high in fat?
Eating too much fat can lead to heart disease or can make you gain weight.
To see just how much fat is in your food, try this fun activity!

What you will need:

- 1 small plastic cup
- 1 teaspoon (a small spoon)
- oil or lard
- chart below

What to do:

1. Pick a food from the chart below. Using the chart, see how much **Total Fat** is in the food you picked, and how many **Teaspoons** that equals.
2. Using your teaspoon, put one teaspoon of oil or lard into the plastic cup for every teaspoon in the food you chose. Watch the fat add up!

Food	Amount	Total Fat	Teaspoons
Whole milk	1 cup (8 oz)	9 grams	2 and 1/4
1% milk	1 cup	2.5 grams	less than 1
Chips (20 chips)	1 oz	10 grams	2 and 1/2
Baked Chips (20 chips)	2 oz	3 grams	3/4
Single Cheeseburger w/medium fries		36 grams	9
Oversize Cheeseburger w/large fries		75 grams	18 3/4
Ice cream	1/2 cup	12 grams	3
Juice popsicle	1 (2 oz)	0 grams	0

Most kids 10–12 should eat less than 75 grams of fat each day.



You can do this activity for other foods, too! Look at the food label from your favorite food and find the total amount of fat. Measure 1 teaspoon of oil or lard for every 4 grams of fat listed on the label of your food. You may be surprised at what you find! And you can be a math whiz, too!

Want even more fun? You can find out how much sugar is in your food! Look at the food label and find the total amount of sugar. Measure 1 teaspoon of sugar into a plastic bag for every 4 grams of sugar listed on the label of your food.

BOOKSHELF

Here are some books you and your family can find at the library or bookstore to learn more about nutrition and fitness!

- ★ The Healthy Start Kids' Cookbook, by Sandra Nissenberg.
- ★ Movin' and Groovin': Fun Exercises to Do Any Time and Any Place, by Peggy Buchanan and Linda Schwartz.
- ★ Five Kids & a Monkey Solve the Great Cupcake Caper: A Learning Adventure About Nutrition and Exercise, by Nina Riccio and Beth Blair.
- ★ Milk Matters for Your Child's Health, by the National Institutes of Health. Available free of charge by calling 1-800-370-2943.



SPOTLIGHT

Keisha, 11

I used to get headaches in the morning, so my teacher sent me to the school nurse. The nurse asked me if I ate breakfast. I never ate it cause I was always in a hurry in the morning and my mom doesn't have time to cook. The nurse said if I would eat breakfast I wouldn't get as many headaches and I would have more energy. She told me I could make myself cereal or yogurt and a piece of fruit, or even take something to eat on the way to school. I asked my Mom to buy me

some granola bars, cereal, and fruit to have for breakfast. I try to get up twenty minutes earlier to eat breakfast at home, but if I don't make it, I grab a granola bar and a piece of fruit to take with me. The nurse was right!

Eating breakfast made my headaches go away and now I feel better in the mornings.



Keisha

Grown Up Corner — Cooking With Kids

**Cooking with kids is more than just fun
it can help them learn to eat
new, healthy foods.**



Kitchen Safety Rules

- Wash hands before cooking and again after sneezing, coughing or using the bathroom.
- Watch out for sharp or hot things! An adult should ALWAYS oversee any part of cooking that uses the oven, stove or microwave OR knives and sharp objects. Be sure to put all hot or sharp objects out of the reach of kids when you're done with them.
- Make sure pot handles are turned away from the edge of the stove.
- If you spill something, clean it up right away - so you don't slip or fall.



Kid Size Pizza

You will need:

- a crust: small tortilla, a half bagel or english muffin
- spaghetti sauce
- grated cheese (low-fat, if you have it)
- vegetable toppings - like broccoli, mushrooms or green, yellow, or red pepper

What to do:

- Preheat oven to 400F
- Clean vegetables and have an adult help chop them
- Spread pizza crust with spaghetti sauce
- Put toppings on and then sprinkle cheese on top
- Bake on baking sheet for 5-10 minutes
— until cheese is melted and bubbly



Rainbow Veggie Pockets

You will need:

- one red/orange vegetable like carrot, tomato or red pepper
- one green vegetable like broccoli, green pepper or cucumber
- one other color vegetable like cauliflower, yellow pepper, or cooked corn
- pita pockets
- fat-free salad dressing

What to do:

- Wash all vegetables & pat dry with paper towel
- Peel vegetables as needed and have an adult help cut them into small pieces
- Stuff each pita with three different color vegetables and top with dressing



Crunch!

Healthy K.I.D.S.

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Healthy K.I.D.S. is a project which brings simple, kid-friendly nutrition and fitness information to you and the adults in your life.



English and Spanish newsletters were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.



For additional information, contact:
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